

# Urbana Senior Center

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www.FrederickCountyMD.gov/aging

## March Program Highlights

### St. Patrick's Day Luncheon

Join us for some “green” fun. Lunch includes: corned beef, potatoes, cabbage, carrots, corn muffin and cake.

**Date:** Tuesday, March 17

Sign-up by Thursday, March 12

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### Know the 10 Signs Alzheimer's

If you or someone you know is experiencing loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. This workshop presented by the Alzheimer's Association.

**Date:** Tuesday, March 3

**Time:** 6:30 p.m. **Cost:** Free

### Yoga

Yoga offers tools that anyone can use to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit. Open to all, regardless of yoga experience. Please bring a yoga mat (or you may use a chair). This 6-week program is taught by Margaret Cervarich.

**Date:** Wednesdays, starting March 18

Sign-up by Monday, March 16

**Time:** 1:30-2:30 p.m.

**Cost:** \$15 per person

### Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be “How do I take care of this skin I'm in: A discussion on the care and maintenance of our skin.”

**Date:** Thursday, March 12

Sign-up by Tuesday, March 10

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### Mobile Information and Assistance (I&A)

Need help? A staff member from the Department of Aging will provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

**Date:** Thursday, March 12

Appointments are encouraged

**Time:** 11:00 a.m. **Cost:** Free

### Tuesday Night Pizza & Games

Enjoy an evening of games! We play for fun and bragging rights! Join us for pizza before the fun and games begin.

**Time/Cost:** Pizza 5:30 p.m. \$5 per person

Games 6:30 p.m. Free

### Birthday Lunch

Celebrate March birthdays! The first Monday of each month enjoy cake and ice cream!

**Date:** Monday, March 2

Sign-up by Thursday, February 26

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)